



VIBRANCE FOR LIFE®

Short Bio (Full Bio to Follow)



Lorraine Maita, MD is very passionate about restoring and revitalizing health and wellbeing. Even as a child she hated to see people suffer and it motivated her to dedicate her life to the practice of medicine. **She is a recognized and award-winning holistic, functional and anti aging physician, speaker and author.** She transforms people's lives by getting to the root cause of illness and reverses chronic illness through lifestyle change and treatments, using the best of science and nature. She is known for her knowledge, caring and understanding. Dr. Maita's visits are long and comprehensive. She really listens and forms a partnership with her patients. Her approach is personalized, and you are treated as the unique individual you are.

Her patients report that they are now leading more vibrant lives due to the dramatic results she has helped them to attain. "Through understanding the causative factors and a person's unique genetic and metabolic make up, along with their lifestyle, how they manage stress and what they do as preventive measures, as well as incorporating fitness, nutrition, supplements and hormones, profound changes take place that are sustainable and gives people their life back."

Dr. Maita is Board Certified in Internal Medicine and Integrative Medicine, as well as, Functional, and Anti-Aging Medicine. Dr. Maita has decades of experience in Preventive Health and Wellness, Internal, Occupational and Travel Medicine and Executive Health at Fortune 100 companies as well as private practice. She is also the author of "*Vibrance for Life: How to Live Younger and Healthier.*"

She has a private practice in NJ where she sees patients from all over the world. Her website is <http://www.HowToLiveYounger.com/> and www.VibranceForLife.com She resides in New Jersey. In her spare time, she enjoys yoga, Pilates, hiking, cycling, swimming, cooking, entertaining and traveling.

info@HowToLiveYounger.com www.VibranceForLife.com www.HowToLiveYounger.com

973 218-1199



VIBRANCE FOR LIFE®

Full Bio



Lorraine Maita, MD is very passionate about restoring and revitalizing health and wellbeing. Even as a child she hated to see people suffer and it motivated her to dedicate her life to the practice of medicine. **She is a recognized and award-winning holistic, functional and anti aging physician, speaker and author.** She transforms people's lives by getting to the root cause of illness and reverses chronic illness through lifestyle change and treatments, using the best of science and nature. She is known for her knowledge, caring and understanding. Dr. Maita's visits are long and comprehensive. She really listens and forms a partnership with her patients. Her approach is personalized, and you are treated as the unique individual you are. Her patients report that they are now leading more vibrant lives due to the dramatic results she has helped them to attain.

Dr. Maita is Board Certified in Internal Medicine and Integrative Medicine, as well as, Functional, and Anti-Aging Medicine Dr. Maita has decades of experience in Preventive Health and Wellness, Internal, Occupational and Travel Medicine and Executive Health at Fortune 100 companies as well as private practice. She is also the author of *“Vibrance for Life: How to Live Younger and Healthier.”*

Dr. Maita was deeply affected by the illnesses her family faced: her father died of cancer, grandmother had a massive stroke, older brother was brain damaged from an accident and her youngest brother was blind. Since these medical issues couldn't be changed, Dr. Maita began to focus on prevention as well as restoring health and vitality Today, she treats individuals with vague to severe health complaints or those who simply feel a loss of self and deteriorating health.

The award-winning physician completed a fellowship in functional and anti-aging medicine, has visited age management clinics and spas both nationally and internationally and trained under many different functional, integrative and anti-aging philosophies to develop her own customizable health enhancement programs. Dr. Maita has expertise in bioidentical hormone replacement therapy, weight loss, nutrition, autoimmune, cardiovascular and gastrointestinal disorders, executive health, and metabolic and personalized medicine. After working with the doctor, her clients are able to regain their lives, relieve aches and pains, restore intimacy in their relationships, become more motivated to eat right and exercise, and improve personal and professional performance, physical strength and mental clarity. Chronic illnesses are often reversed, and patients are less reliant on medications to manage their conditions.

Dr. Maita began her medical career as an attending physician in hospitals and clinics including St. Luke's/Roosevelt Hospital, Columbia Presbyterian Medical Center, Executive Health Examiners New York Stock Exchange clinics and others. After one year, she decided that she wanted to write, teach and develop programs to address the critical needs of patients and to prevent illness. She fulfilled this desire while serving as **Vice President and Chief Medical**

info@HowToLiveYounger.com www.VibranceForLife.com www.HowToLiveYounger.com

973 218-1199



VIBRANCE FOR LIFE®

Officer at Prudential Financial where she decreased the cost of workers compensation claims, helped people lower their blood pressure, lose weight, deal with chronic illness, and developed preventive health and wellness, executive health and travel health programs for employees traveling overseas. Her methods proved that wellness worked, and she was given approval to build 7 new health and fitness centers. As the **Medical Director on The Pfizer Health Leadership Team and Medical Director of North America for Johnson & Johnson Global Health Services**, Dr. Maita developed policies, strategies and standards globally in regard to occupational health, workers compensation, disability management and other issues and had oversight for doctors, nurses and other healthcare professionals and managed executive's health.

Her programs have gained recognition globally and have won awards such as **The Pfizer Consumer Healthcare President's Innovation, The New Jersey Psychological Association Healthy Workplace, The Center for Office Technology Outstanding Office Ergonomics, The New Jersey Heartsavers and The New Jersey Governors Safety Awards.**

She has scores of testimonials and high levels of patient satisfaction. Many of her clients have been told by doctors that their health issue comes with stress and/or age and nothing can be done aside from providing them with medication. "I found that the cookie cutter approach of treating a patient's symptoms just with drugs for specific ailments does not fundamentally change anything, it only makes them dependent on drugs," says Dr. Maita. **"Through understanding the causative factors and a person's unique genetic and metabolic make up, along with their lifestyle, how they manage stress and what they do as preventive measures, as well as incorporating fitness, nutrition, supplements and hormones, profound changes take place that are sustainable and gives people their life back."**

"Dr. Maita is a Diplomate of the American College of Anti-Aging and Regenerative Medicine and has certifications in Advanced Endocrinology. She also has an appointment at Atlantic Health System's Morristown Memorial Hospital. This experienced physician is renowned for her innovative approaches in delivering compassionate, quality care. She consistently achieves superior results as well as outstanding customer satisfaction. Dr. Maita's clients report that they are now leading more vibrant lives due to the dramatic results she has helped them to attain.

She was an Advisory Team Member for WOR radio, the #1 news/talk radio station in the New York Metropolitan area and is now on **Advisory Team Member for AM 970 The Answer** is Salem Media's New York powerhouse in news and stimulating talk.

Dr. Maita has a private practice in NJ where she sees patients from all over the world. Her website is <http://www.HowToLiveYounger.com/> and www.VibranceForLife.com She resides in New Jersey. In her spare time, she enjoys yoga, Pilates, hiking, cycling, swimming, cooking, entertaining and traveling.

info@HowToLiveYounger.com www.VibranceForLife.com www.HowToLiveYounger.com

973 218-1199